

# FEBRUARY 2016

## STAFF

Carie Dick—Director  
Bev Hinkle—Assistant Director  
Cheri Brosmer—Receptionist

## VAN DRIVERS

Tanya Jackson  
Bernie Schaeffer



ARNOLD F. HABIG COMMUNITY CENTER

OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

Phone: 812-482-4455

Web Site: [www.jasperindiana.gov](http://www.jasperindiana.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Exercise Class 9:45 Exercise Class 12:30 Farkle	2 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	3 9:00-10:30 Free Computer Class 12:30 Mah Jongg 12:30 Phase-10	4 9:00 Exercise Class 9:45 Exercise Class 12:30 Cinch Tourney 3:00 RSVP Lunch Bunch	5 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Pay Me	6
7 Center Open 1-4	8 9:00 Exercise Class 9:45 Exercise Class 12:30 Hand & Foot	9 10:00 Tender Loving Crafts 11:00 Lunch Bunch 12:30 Tripoley 12:30 Scrabble	10 9:00-10:30 Free Computer Class 12:30 Mah Jongg 12:30 Golf	11 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney 12:30 Book Club	12 7:30 Sign Up for Tropicana 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Hearts	13
14 Center Open 1-4	15 CLOSED Presidents Day	16 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	17 9:00-10:30 Free Computer Class 12:30 Mah Jongg 12:30 Dominoes 3:00 RSVP Carry In Lunch	18 9:00 Exercise Class 9:45 Exercise Class Classes will be held downstairs 12:30 Sheephead Tourney 12:30 Hand & Foot	19 8:30 Mah Jongg 10:00 Singing Seniors at St. Charles 12:30 Phase-10 3:00 RSVP Boomerama	20
21 Center Open 1-4	22 9:00 Exercise Class 9:45 Exercise Class 12:00 Boomerama 12:30 Pay Me	23 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Hearts	24 9:00-10:30 Free Computer Class 12:00 Carry In Lunch 12:30 Tripoley 12:30 MahJongg	25 9:00 Exercise Class 9:45 Exercise Class 12:30 Euchre Tourney	26 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Golf	27
28 Center Open 1-4	29 9:00 Exercise Class 9:45 Exercise Class 12:30 Texas Holdem					

# FEBRUARY HOMEBOUND 2016

THANK YOU FOR YOUR DONATION. PLEASE ASK THE DELIVERER FOR DONATION ENVELOPES WHEN YOU RUN OUT.

Dubois, Daviess, Martin, Pike, GENERATIONS NUTRITION, Menu subject to change without notice. Meals served with milk and margarine. Phone number for meals (812)367-2990

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pasta Casserole Green Beans Hot Apples Graham Crackers Wheat Bread	2 Sloppy Joe Diced Potatoes Peas Pineapple Juice Bun	3 Chicken & Rice Broccoli Hot Spiced Pears Wheat Bread	4 Pork BBQ Baked Beans German Potato Salad Mandarin Oranges Bun	5 Meatloaf Mashed Potatoes Corn Cookie Wheat Bread	6
7	8 Ham & Beans Cornbread Mixed Greens Oatmeal Pie	9 Parmesan Chicken Yam Patties Winter Blend Vegetables Grape Juice Wheat Bread	10 Salisbury Steak/Gravy Mashed Potatoes Green Beans Pudding Wheat Bread	11 Chicken & Dumplings Brussel Sprouts Carrots Raisins Wheat Bread	12 Grilled Cheese Soup Peaches Crackers Cookie	13
14	15 Hot Dog Baked Beans Steamed Cabbage Pineapple Bun	16 Smokey Riblets Corn Broccoli Granola Bar Wheat Bread	17 Chicken/Gravy Mashed Potatoes Green Beans Cranberry Juice Wheat Bread	18 Chicken Salad Peaches Shredded Letttuce Potato Chips Wheat Bread	19 Teriyaki Chicken Sliced Potatoes Butter Beans Pears Wheat Bread	20
21	22 Country Fried St/Gravy Mashed Potatoes Vegetable Blend Mandarin Oranges Wheat Bread	23 Breaded Cod Mixed Vegetables Diced Potatoes Grandma's Cookies Bun	24 Chili Hot Applesauce Crackers PBJ Sandwich	25 Beef Stew Corn Biscuits Fruit	26 Hamburger/Cheese Potatoes Green Beans Mixed Fruit Bun	27
28	29 BBQ Chicken Winter Blend Cheese Potatoes Grape Juice Wheat Bread					

**AVAILABLE DAILY  
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



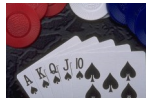
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. If you want to brave the winter weather it is a good path for exercise



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER  
FEBRUARY, 2016**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. Ryan is here to assist you every Wednesday from 9-10:30 a.m. and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop, Kindle or Ipad.



**REGULAR SCHEDULED ACTIVITIES**

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every **Tuesday morning from 10 to 12.** Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational and a super way to meet new friends.  
**February 2 - Decoupage Vase. Lunch will be after class, consisting of Chicken Noodle soup, made with noodles made at the January 26th class.**  
**February 9 - “Be My Valentine”**  
**February 16 - Necklace Extenders**  
**February 23 - Bird Feeders**



- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at St Charles Health Campus in Jasper on Friday, February 19th.



- **BINGO:** Will be played at **12 p.m.** on **Tuesdays, February 2nd and February 16th.** We ask you to keep bills to \$5's and under as we pay out 100% and do not have change. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. \*\*\*You may want to bring a sweater or jacket, it sometimes gets cool.

BINGO				
7	25	44	57	62
15	22	40	50	70
11	30	FREE BIRD SPACE	46	74
2	28		37	55
10	27	39	59	75

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays, February 2nd and February 16.**



- **EXERCISE CLASS:** Every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!

- **EXERCISE CLASS** For more of a challenge, come in at **9:45 a.m. on Monday and Thursday mornings** for a group exercise. It is a great way to get your heart pumping. A staff member is with the group and will help guide you as you go at your own pace.



## CARD TOURNEYS



- **Thursday, February 4th**  
Cinch Tourney
- **Thursday, February 11th**  
Rum Tourney
- **Thursday, February 18th**  
Sheephead Tourney
- **Thursday, February 25th**  
Euchre Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and paid back to the 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLD'EM**: Will be played **Monday, February 29th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives the cash prize. **Reservations are due by 10 a.m. the morning you play.**
- **DOMINOES**: The Mexican Train version will be played at **12:30 p.m. on Wednesday, February 17th.** It is a fun game that is easy to learn. Everyone is welcome! **Please call in by 10 a.m. if you are coming in to play.**
- **PAY-ME**: A game similar to Rum but played with 3 decks of cards, including the jokers will be played at **12:30 p.m. Friday, February 5th and Monday, February 22nd.** Please call in by 10 a.m. if you are coming in to play.

## RAINBOW MESSENGER

- **TRIPOLEY**: Bring your pennies to play Tripoley at **12:30 p.m. Tuesday, February 9th and Wednesday, February 24th.** We have a lot of fun! **Please call in by 10 a.m. if you are coming to play.**



- **SCRABBLE**: How about a little challenge? Come in to play Scrabble at **12:30 p.m. on Tuesdays, February 9th and February 23rd.** Please call in by 10 a.m. if you your are coming to play.
- **PHASE-10**: Will be played **Wednesday, February 3rd and Friday, February 19th at 12:30 p.m.** It is a fun easy card game, **Please call in by 10:00 a.m. if you are coming to play.**
- **HEARTS**: We will play at **12:30 p.m. Friday, February 12th and Tuesday, February 23rd.** This game is easy to learn and very enjoyable. **Please call in by 10:00 a.m. if you are coming to play.**
- **GOLF**: The card game will be played **Wednesday, February 10th and Friday, February 26th at 12:30 p.m.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. if you are coming to play.**

- **HAND AND FOOT**: A 2 handed, game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck and all jokers. Join us **Monday, February 8th and Thursday, February 18th at 12:30 p.m.** Please call in by 10:00 a.m. if you are coming to play.
- **FARKLE**: Is a dice game using 6 dice, a pencil and paper. You roll the dice and take out those worth points. Come and play on **Monday, February 1st at 12:30.** Please call in by 10:00 a.m. if you are coming to play.
- **PUZZLES**: We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.
- **MAH JONGG**: Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** If you can play on Wednesday, please call in by 10 a.m. to let us know. New players welcome.

## WINTER CLOSINGS

In case of inclement weather, please listen to radio stations WITZ and WBDC for cancellations



## RAINBOW MESSENGER

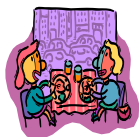
### \*\*\*SPECIAL ACTIVITIES\*\*\*

**ALL TRIPS AND ALL ACTIVITIES ARE ONLY FOR DUBOIS COUNTY RESIDENTS 55 YEARS AND OLDER. WHEN SIGNING UP FOR TRIPS, ONLY 4 INDIVIDUALS PER SIGN UP.**

- **LUNCH BUNCH:** Join us at Heichelbech's Restaurant & Bar on Tuesday, February 9th at 11:00. They have a soup & salad bar plus baked potato bar for \$7.25. The plate lunch special is: Meatloaf, potato, choice of vegetable or salad for \$6.50. You can also order off the menu. As always the meal is "dutch treat".

Reservations are due by  
3:00 p.m. Thursday,  
February 4th.

Come enjoy good food and  
visit with friends.



**CATERED MEAL:** A Carry In will be held February 24th at 12:00. Fried Chicken will be provided by Hometown IGA. Everyone is asked to bring a covered dish of either a vegetable, salad, or dessert. Cost of the meal will be \$3.50 for chicken, drink and table service. Reservations are due to the Center by 3:00 p.m. Wednesday, February 17th.

**BOOMERAMA:** Will be held Monday, February 22nd at 12:00. The speaker will be Lesa Seng. She is the TRICAP Healthcare Navigator. Come hear her interesting topics. There is a \$5.00 charge to cover the cost of the optional lunch. Reservations are due by 3:00 p.m. on Friday, February 19th.

- **BOOK CLUB:** On Thursday, February 11th at 12:30 a.m. We will be discussing "The Girl on the Train" by Paula Hawkins. The March book will be "Language of the Flowers" by Vanessa Deffenbaugh. The book is about Victoria Jones whose mother abandoned her at birth. She lived in different foster homes while growing up and flowers were her way of connecting with the outside world. Read the book to find out what role flowers play in her life. New members are always welcome. (Meet in the library at the Center)



### What's On Your Plate?

**Smart Food Choices for Healthy Aging**  
Join Jan Dougan, Extension Educator with Purdue Extension-Dubois County, before exercise class Monday mornings at 8:45, for weekly recipes and nutrition tips.

- **BIRTHDAY & ANNIVERSARY:**

We will no longer be publishing birthday and anniversaries in the newsletter. If you would like your birthday and/or anniversary to appear on the bulletin board at the Center, please let the staff know the month and day. Thank you!!

- **BOOK SHELF:** The books have been moved downstairs to The Habig Room. Thanks to the generosity of so many, we have a great selection of books for you to borrow.



- **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

- Free beginner and intermediate bridge lessons. Call Cindy Kluemper at (812)482-3299 or Mary Ann Seng at (812)482-1101

### \*\*\*\*\*2016 Newsletter\*\*\*\*\*



It is time to sign-up to have the 2016 Rainbow Messenger mailed to you each month. The fee for the entire year is \$7.00. Make checks payable to Older American Center & include your address. The newsletter is available free for you to pick up at the Center in Jasper, Huntingburg's Senior Center, Meadowood & Ferdinand's Center. Also available online at [www.jasperindiana.gov](http://www.jasperindiana.gov)





### **Tax Filing Assistance Available**

The Habig Center from 9 a.m. to 3 p.m.  
February: 4th, 11th & 25th  
March: 3rd, 10th, 17th, 24th, and 31st  
April: 7th  
To schedule an appointment:  
Call 812-482-4455

Ferdinand Senior Center will be offering filing assistance. Watch the future newsletters for times and dates.

## **TRIPS**

**\*\*There is a \$25.00 charge for all returned checks\*\***

### **TROPICANA CASINO** **Wednesday, March 30th**

Mark your calendar for Wednesday, March 30th. We will leave the Armory at 8:45 a.m. with pick-ups at the Huntingburg Methodist Church upon request. You will receive \$8.00 in slot play and a free buffet. Cost of the trip is \$15.00. Sign-ups start by phone at 7:30 a.m. on Friday, February 12th. We will need your Tropicana Card Number or your name, address, and date of birth when paying. Money is due by 3:00 p.m. Wednesday, March 2nd.



### **Recipe Exchange**

#### **PEACHES AND CREAM CAKE**

##### **Ingredients:**

1 can (21 oz) Peach Pie Filling  
1 pkg. (18 oz) Yellow Cake Mix  
2 eggs  
1/2 c. sour cream  
1 pkg. (8 oz) cream cheese, softened  
1 Tbsp. butter  
1 tsp. vanilla  
2 c. confectioners' sugar

**Directions:** Blend pie filling, dry cake mix, eggs and sour cream. Spread evenly in 13"X 9" pan coated with non-stick cooking spray. Bake at 350 degrees for 45 minutes or until cake springs back when touched lightly in the center. Cool. Meanwhile, combine cream cheese, butter and vanilla, gradually beat in sugar. Spread over cake.

**Yield:** 15 servings.

Submitted by Carol Cooper

Have a good recipe to share? We would be happy to publish it.

## HUNTINGBURG SENIOR CENTER FEBRUARY 2016

Call the Center at 683-2994 to make reservations for the Card Tournaments held at 12:30 p.m. on **Mondays**. You will enjoy the day!!



**There will be Bingo all 4 Wednesdays, in February**



There are over 400 books on hand for your reading pleasure including: love, inspirational and suspenseful books plus books by authors: Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels and others



The Huntingburg Senior Center now has games and activities available for those who don't play cards.

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Left, Right, Center	
Yahtzee	Puzzle books	
Sudoku	Left, Right	
Deer in the Headlights - A card & dice game.		
Several have learned to play this and really enjoy it.		
Boggle - A word game using scrambled letters and a timer.		
Electronic dart board & a mini 9-hole golf to practice your putting skills.		

**\*\*We have games scheduled for most days but you are free to do what ever interests you. You do not have to play the game of the day.\*\***

**Puzzle:** We have one started, come in and help put it together!



## CARRY-IN LUNCH


**Thursdays, February 11 and February 25.** Enjoy a delicious lunch with friends followed by cards & games if you choose to stay. Please bring a favorite dish to share. Bring a friend!



**Memorial Gym is open for walking. Hours are Monday—Friday 5:00 a.m. to 1:30 p.m. and Saturday, 7:00 a.m. to 11:00 a.m.**



**\*\* Get your Blood Pressure Checked\*\***  
**First Wednesday of the month from 12:30 - 1:00 p.m.**

 **Join THE SENIOR FUN GROUP every Tuesday and Friday at 1:00 at Breakway Lanes, 104 E 13th Street, Huntingburg. Bowl 3 games for \$7.35 plus cost of shoes. Free coffee and popcorn.**

## FEBRUARY BIRTHDAYS

**Alphonse Lampert 27**



### TAXES:



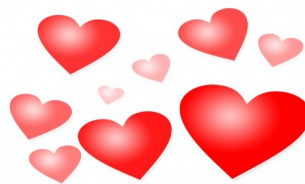
**Taxes will be done on Tuesdays, 1:00 to 7:30 at the Senior Center.**

**You will need:**


**Drivers License or picture ID  
All wage and earnings statements (W2, 1099, etc.)  
Unemployment statements  
Social Security benefits statements  
Last year's state and federal tax returns  
Landlord name and address and total amount rent paid  
Proof of real estate taxes paid  
Also, this year, you will need a 1095—Health Care Ins.**

**Call (812)630-1361 or (812)683-2994 to make an appointment**

# FEBRUARY 2016



**HUNTINGBURG SENIOR CENTER**  
**309 N Geiger St**  
**Huntingburg IN 47542**  
**812-683-2994**  
**Rita: 812-309-9576**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:30 Cinch Tourney Sponsor: Brookside	2 1:00 Bowling	3 12:30—1:00 Blood Pressure Checks 1:00 BINGO Sponsor: HLS 2:00 Cards & Games	4 10:00 Crafts with Michelle  1:00 Cards & Games	5 1:00 Bowling	6
7	8 12:30 Euchre Tourney Sponsor: The Timbers	9 1:00 Bowling	10 1:00 BINGO Sponsor: OMNI H.C. 2:00 Cards & Games	11 12:00 Carry-In Lunch Sponsor: St. Charles 1:00 Cards & Games	12 1:00 Bowling	13
14 	15 12:30 Cinch Tourney Sponsor: Northwood	16 1:00 Bowling	17 1:00 BINGO Sponsor: Scenic Hills 2:00 Cards & Games	18 10:00 Crafts with Michelle  1:00 Cards & Games	19 1:00 Bowling	20
21	22 12:30 Euchre Tourney Sponsor: Willowdale	23 1:00 Bowling	24 1:00 BINGO Sponsor: The Waters	25 12:00 Carry-In Lunch 1:00 Cards & Games	26 1:00 Bowling	27
28	29 12:00 Soup 1:00 Deer in the Headlights & other games		